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Please recycle

## Local Chinese community planning relief

By **KRISTEN THOMPSON**
Metro Vancouver

As news of the massive earthquake in China reached Vancouver yesterday, organizations in the Chinese-Canadian community coalesced to devise fundraising strategies.

Nearly 10,000 people have died since a 7.9-magnitude earthquake struck southwestern China yesterday.

John Wong, with the Chinese Benevolent Association (CBA) said many people had only just heard the news but added that a plan to send aid is being formulated.

"It only depends on how much and on how large of a scale because Burma's got a lot of people (who) need help, too," he said.

"We'll be having a meeting (today) to ... see what we can do to help. In the past we (donated) through the Canadian Red Cross or the Consulate General's office."

Cyrus Lee, director of the Vancouver Chinatown Business Improvement Association, said the community can't always donate large sums of money for disaster relief, but anything helps.

"The number isn't (necessarily) big but it's from the bottom of our hearts."

Alice Lam, a spokesperson with the Canadian Red Cross Society, Lower Mainland, said the group is in early talks with Red Cross China and third party charitable organizations.

"The disaster's still unfolding and we're getting information as it comes," she said, adding that local calls of donations are already coming in.

REUTERS

A rescuer tries to pull an injured woman out from the debris of a collapsed building at Juyuan Middle School after an earthquake in Dujiangyan, Sichuan.

# 10,000 killed in China

### 7.9 magnitude quake rocks Sichuan province

Nearly 10,000 people were killed by the earthquake that hammered southwest China, officials said as rescuers struggled to reach the worst-hit areas, where many more may have died.

Rescuers worked frantically through the night, pulling bodies from schools, homes, factories and hospitals that were demolished by the 7.9 magnitude quake, which rippled from a mountainous area of Sichuan province across much of China yesterday afternoon.

The toll from China's worst earthquake in over three decades appeared sure to climb as troops struggled on foot to reach the worst-hit area, Wenchuan, a hilly county of 112,000 people 100 kilometres from Sichuan's provincial capital, Chengdu.

About 900 teenagers were buried under a collapsed three-storey school building in the Sichuan city of Dujiangyan.

At a second school in Dujiangyan, fewer than 100 of 420 students survived, Xinhua reported. REUTERS

**more coverage**

» Ten students from the University College of the Fraser Valley are in China 100 km from the quake's epicentre. Local, page 4.
» Canada's disaster team faces dilemma. Canada, page 5.
» Survivors sleep on the streets or in cars as rescuers attempt to reach worst-hit areas. World, page 6.

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# local

A $1,000 Bugaboo stroller stolen from a Coquitlam Toys 'R' Us was found on Craigslist by the company's loss prevention officer, who posed as a potential buyer. RCMP recovered the stroller in a Coquitlam home. METRO NEWS SERVICES

'floating billboard'

## B.C. ferry shipping Games to England

**OLYMPICS** The newest addition to the B.C. Ferries fleet is in London, England, acting as a giant "floating billboard" for British Columbia and the Vancouver 2010 Winter Olympic Games.

The MV Coastal Celebration arrived in London yesterday morning for a special promotional stop on its way home to B.C. from Germany where it was built.

The 160-metre vessel, the largest double-ended ferry in the world, is wrapped with large photographic decals that are the largest marine application of printed graphics ever undertaken.

It attracted attention as it made its way up the Thames River and moored just east of the historic Tower Bridge in the city's downtown. METRO VANCOUVER

# Death risk 'extremely low'

## Head of Taser firm says stun guns safer than batons

By JEFF HODSON
Metro Vancouver

There is no "magic bullet" use-of-force option available to police that eliminates the risk of death, the head of Taser International Inc. told a public inquiry into the use of conducted energy weapons yesterday.

Thomas Smith, who co-founded Taser with his brother Patrick in 1993, told the Braidwood Inquiry that the risk of death from a Taser is "extremely low" and safer — for police and suspects — than batons or pepper spray.

The rate of injury from a Taser — sustained when a person falls to the ground after being zapped — is similar to that of college athletics, Smith said.

**waiting**

» Smith refused to speculate whether Taser-use might have had a role in the immigrant's death, saying he's waiting for a medical examiner to determine how Dziekanski died.

The Braidwood Inquiry, which began last week to look at the use of stun guns by municipal police, was called following the death of Robert Dziekanski, a Polish immigrant who died after he was Tasered by RCMP at Vancouver's airport.

The incident was captured on amateur video and was broadcast around the world.

"It's a tragic situation," Smith said of Dziekanski's death. "Our hearts go out the family. I can't even begin to know what that family is going through."

JEFF HODSON/METRO VANCOUVER

Thomas Smith, chairman of Taser International Inc., speaks at the Braidwood Inquiry into Taser use in Vancouver yesterday.

## Ex-premier condemns weapon use

When first approached to approve a pilot Taser program in B.C., Ujjal Dosanjh was assured the stun guns were safe, thoroughly researched and would be used "absolutely sparingly," the former B.C. premier said yesterday.

"Those assurances turned out not to be true," said Dosanjh, Liberal MP for Vancouver South and federal critic for public safety.

Dosanjh was B.C.'s attorney general from 1995 to 2000 and first approved the use of Tasers in the late 1990s.

Testifying yesterday at the Braidwood Inquiry into the use of Tasers by municipal police, Dosanjh said use of the weapon has increased "many fold" and is being used in situations it was never intended.

"It is (being) used on an 82-year-old man laying in bed with a small knife in their hand," he said. "It's being used on fare evaders at B.C. Transit. It's absolutely unacceptable." JEFF HODSON/METRO VANCOUVER

## »news In Brief

» **DEATH** A 41-year-old Burnaby man working on a new road to connect with the Golden Ears Bridge died after being run over by a gravel dump truck. RCMP said a forklift had to be used to get the man out from under the truck.

» **MARKET** Organizers of the Summer Night Market in Richmond say plans to open on May 30 — pending receiving a permit from the city — are still on, despite recent vandalism. On Saturday, an electricity pole was toppled, cutting off power to hundreds of merchants.

» **NAMED** Vancouver police have identified the man shot to death during a "wild-west"-style brawl at the Cecil Hotel last week. The investigation into the death of Denis Laizer Jablonsky, 30, of Richmond continues. METRO NEWS SERVICES

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More than 100,000 Winter Games licence plates, left, have been sold since they were introduced one year ago. Approximately 64,000 plates were sold in the Lower Mainland and Fraser Valley, 13,000 on Vancouver Island, 16,000 in the Southern Interior and 7,000 in Northern B.C. METRO VANCOUVER

# UCFV students survive China quake

## Students part of study tour 100 km from epicentre

By **KRISTEN THOMPSON**
Metro Vancouver

Ten kinesiology students and a faculty member from the University College of the Fraser Valley were caught in the earthquake that has left nearly 10,000 people dead in China.

Greg Anderson, head of kinesiology and physical education at the school, said the students are safe but shaken up.

"Everybody's fine other than they've just lived through a very big ordeal," he said.

"They ran out of the building and stayed in a big stadium in a field so there were no buildings around them.

> « *They ran out of the building and stayed in a big stadium in a field so there were no buildings around them.* »
> *Greg Anderson, head of kinesiology and physical education at UCFV*

"There's about 26,000 students on campus and they're the only English-speaking ones, which made it quite difficult for them."

The students are part of a study tour at the Sichuan University in Chengdu, around 100 kilometres from the epicentre.

"They were supposed to be there 10 weeks and they are in week one. They were actually in their very first structured class when this happened."

Anderson said he doesn't know if the students will be staying in China or coming home.

"They now have power back and they're at international education (residences). We need to know whether … the university will remain open. We have no idea what's going to happen."

*–kristen.thompson@metronews.ca*

PHOTO COURTESY OF CHRIS BERTRAM

About 26,000 students of Sichuan University in Chengdu, including 10 summer students from B.C., take shelter at the school's stadium after an earthquake.

# letters

### Monkey tears odd when people dying

Re: "Tears flow at monkey's memorial." What a nice society we are living in these days! Looking at the front photo today — fully grown people are crying over a monkey's death? Is it real? People get shot and die every single day on our streets and we are crying over a monkey? Shame on Vancouver.

— KIRILL DZUBANOV, VANCOUVER

### Monkeys, people one in the same?

Re: "Tears flow at monkey's memorial." Is this (about) an animal? A human being? Or is there no difference?

— IVOR BROWN, VIA E-MAIL

E-mail letters to vancouverletters@metronews.ca. Metro reserves the right to edit all letters.

## Paralympics **Awareness**

RAFE ARNOTT/METRO VANCOUVER

Jen Krempien, five-time Paralympian medallist, discusses the Summer Games in Beijing with Robert Hedges at GF Strong Rehabilitation Centre yesterday. The two are part of a contingent of athletes competing in China who are raising awareness about the Paralympic Games.

## »news In Brief

» **POWER LINES** A controversial overhead power line project will go ahead despite the objection of residents who say it will pose a health threat, CBC News Online reports. Premier Gordon Campbell said the community rejected a number of proposals so they are limiting the number of towers. Construction starts June 2.

» **CAMERAS** The RCMP plans to install hundreds of closed-circuit television cameras for security during the 2010 Winter Olympics in Vancouver, CBC News Online reports. Cameras would be placed at approximately 100 Olympic sites. METRO NEWS SERVICES

# $500K for Habitat homes

## Province to help 24 families become homeowners

By **KRISTEN THOMPSON**
Metro Vancouver

Needy families are getting a small boost in their efforts to become homeowners in one of the country's most expensive housing markets.

The province yesterday announced it's providing Habitat For Humanity Canada (HFHC) with $500,000 toward new homes for 24 families.

The money will be used for building materials in a region where house prices are at historic highs. The average bungalow in Vancouver costs more than $500,000.

RAFE ARNOTT/METRO VANCOUVER

Rich Coleman, provincial minister for Forests and Housing, announces $500,000 in funding for Habitat For Humanity yesterday.

Jim Lippert, director of HFHC, said families who qualify for the program help build the home they will move into.

"We probably added 50 per cent to our capacity to build this year because of the funding," he said, adding that HFHC has built 162 new homes in Canada this year.

Randy Forrester will be moving into a new HFHC home and said the program "gives hope and pride back to the working class people of B.C."

Construction of the homes will begin in 2009.

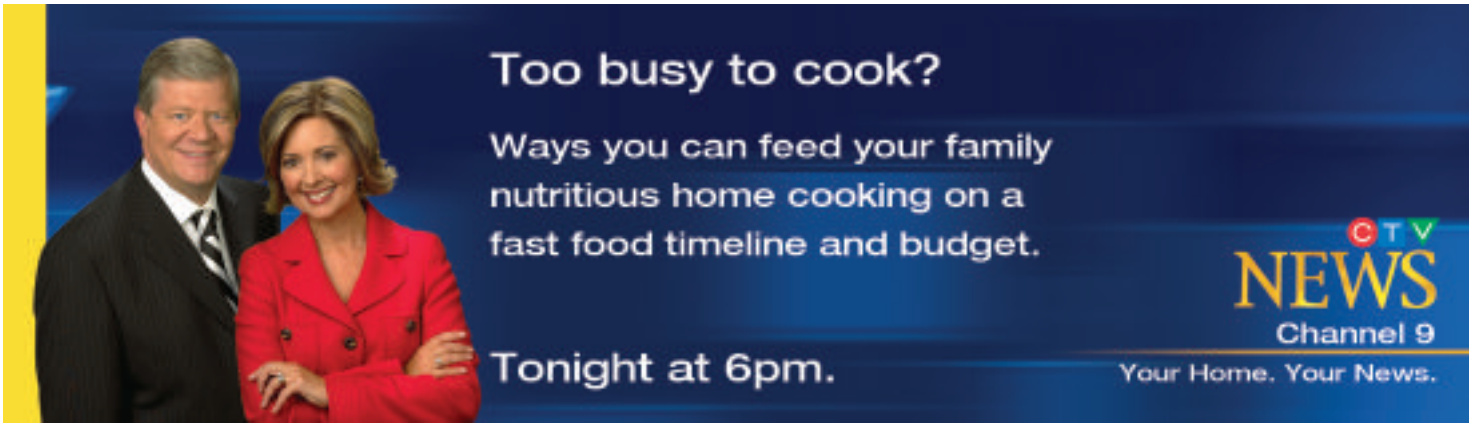
# Cycling expert to share knowledge

TransLink has invited a cycling expert with Rutgers University to speak at several venues in Vancouver starting today.

Dr. John Pucher will give a free lecture Thursday at 7 p.m. at Simon Fraser University's Segal Graduate School of Business on his research into travel behaviour.

He has focused on what gets people out of their cars and onto bikes in Europe, the United States and Canada over the last 30 years.

Pucher's findings show that Canadians cycle three times the amount of Americans, but that the Danish ride circles around Canadians at a rate of 20 to 1.



# canada

Calgary Zoo staff is stunned after the mysterious deaths of 34 of 43 stingrays in its popular aquatic exhibit Sunday and yesterday. The zoo closed the stingray exhibit after a ray keeper noticed "erratic behaviour" from the aquatic creatures. Nine more are in quarantine. METRO NEWS SERVICE

## Tories target pump fears

### Gas retailers who overcharge could face heftier fines

The Conservative government says it can't do anything about the high price of gasoline but yesterday promised to make sure consumers get what they pay for when they fuel up their cars.

Industry Minister Jim Prentice told Parliament he wants to impose fines of $10,000 on gas retailers who overcharge customers due to faulty pumps, instead of the current fine of $1,000, and make pump inspections mandatory every two years.

He has asked the agency responsible for inspecting retail gas stations, Measurements Canada, to prepare regulatory changes for later this year and to intensify inspections over the summer.

The announcement came after a newspaper report showed that one in 20 gas pumps tested in Canada between 1999 and 2007 dispensed less fuel than it was supposed to. REUTERS

# DART facing dilemma

### Government may be forced to decide between disasters

Ottawa may find itself having to weigh one disaster against another. The government has offered Canada's military Disaster Assistance Response Team to bolster relief efforts in Burma after last week's cyclone left tens of thousands dead. But Myanmar hardline regime is dragging its heels.

A nine-member DART assessment team is stuck in Thailand and unable to cross the border into Myanmar, Department of National Defence spokesperson Maj. Julie Roberge said yesterday.

**request**
» So far, there has been no official request for aid from the Chinese government.

Meanwhile, the Toronto-based Chinese Canadian National Council is urging Ottawa to send the 210-strong disaster team to China where the death toll from yesterday's earthquake approached 10,000.

Any request for the team's help must come from the Chinese government, said Roberge, with the Canadian Expeditionary Force Command Headquarters.

"Then it has to be the decision of our government," she told Torstar News Service.

"Until they give us a different direction, our focus is on Myanmar. We are tracking what's going on in China and we're always ready to go anywhere."

Asked if DART could cope with both catastrophes at once, Roberge would only say that usually the whole team is sent to one location to provide medical care, drinking water and communications assistance. TORSTAR NEWS SERVICE

MORE COVERAGE, PAGE 6

## PM announces military funds

### $30B defence plan unveiled

By **ROBYN YOUNG**
Metro Halifax

PAUL DARROW/REUTERS

**Prime Minister Stephen Harper shakes hands with members of the Canadian armed forces during a military spending announcement at the Armouries in Halifax yesterday.**

Prime Minister Stephen Harper was in Halifax yesterday to announce a long-term, $30 billion defence plan which will infuse the Canadian Forces with new or upgraded equipment and about 10,000 more military personnel over the next 20 years.

Harper said if a country wants to be taken seriously, it must have the capacity to act. "Otherwise you forfeit your right to be a player," he said.

But as Harper and Defence Minister Peter MacKay unveiled the details of the plan, some were left questioning what was actually new.

Many of the items in the strategy had been previously announced.

"The newest thing about this announcement is that it is a long-term plan," Harper told the media and about 200 military personnel at the Halifax Armoury.

## »news In Brief

» **MAYERTHORPE** Dennis Cheeseman, the second of two men charged with first degree murder in the deaths of four Alberta Mounties near Mayerthorpe on March 3, 2005, was granted bail by a Court of Queen's Bench Justice yesterday.

» **POKER** A 49-year-old grandfather from Ontario is $1 million richer after winning the Spanish World Poker Crown tournament near Barcelona. Jack Hinchey had to quit his long-time job with a local plumbing company to play poker full-time.

» **WILDLIFE** A female mallard duck is the only surviving creature that took a dip in Syncrude's toxic tailings pond that will live to tell the tale. In total, 18 birds have been brought to the Wildlife Rehabilitation Society of Edmonton from different tailings ponds in the Fort McMurray area. Only six have survived. METRO NEWS SERVICE

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# China digs out from quake

## Troops rush into cities to search for survivors

STRINGER/REUTERS

A view shows a collapsed building after the earthquake in Dujiangyan, Sichuan province yesterday.

STRINGER/REUTERS

A child sleeps outside on a street after the earthquake.

Nearly 10,000 people have died and hundreds of thousands have been affected by the worst earthquake to hit China in three decades.

In Chengdu, many residents slept outside or in cars last night, fearing more tremors in the city where at least 45 people died and 600 were injured.

The government has rushed troops and medical teams to dig for survivors and treat the injured. But severed roads and rail lines blocked the way to Wenchuan, and local officials described crumpled houses, landslides and scenes of desperation.

"We are in urgent need of tents, food, medicine and satellite communications equipment," the Communist Party chief of Wenchuan, Wang Bin said, according to Xinhua.

Most farmers' homes in two townships had collapsed and there was no word from the three townships nearest the epicentre, which have a population of 24,000, the report added. So far Wenchuan has reported 15 dead, a number likely to rise steeply.

More than 7,000 may have died in Sichuan's Beichuan Qiang Autonomous County, where 80 per cent of the buildings were destroyed, Sichuan television said. Beichuan has a population of 161,000, meaning about one in 10 there were killed or injured.

"Even if it means walking in, we must enter the worst-hit areas as quickly as possible," Wen said, according to Xinhua.

But a paramilitary officer marching with one hundred troops towards Wenchuan described a devastated landscape that is likely to yield many dead. "I have seen many collapsed civilian houses and the rocks dropped from mountains on the roadside are everywhere," said the People's Armed Police officer Liu Zaiyuan, according to Xinhua. REUTERS

### chronology of Chinese earthquakes

» May 12, 2008 - At least 8,500 people were killed in Sichuan province alone after the 7.9 magnitude earthquake hit the region.
» Feb. 2003 At least 94 people are killed, and more than 200 injured, when a quake measuring 6.8 hits sparsely populated and remote northwestern region of Xinjiang.
» Jan. 1998 - At least 47 people are killed and more than 2,000 injured when an earthquake measuring 6.2 rocks northern Hebei province, devastating mud and brick homes in two rural counties.
» Feb. 1996 - Earthquake measuring 7.0 wrecks scenic mountain town of Lijiang in Yunnan, killing at least 304 people and injuring more than 16,000.
» Oct. 1995 - Earthquake in Yunnan kills 50 and injures more than 6,000. The 6.5 tremor leaves 170,000 people homeless.
» Oct. 1989 - Series of tremors in northern Shanxi and Hebei provinces kill 29 people and leave 60,000 homeless.
» Nov. 1988 - Earthquake measuring 7.6 devastates remote areas in Yunnan, killing at least 730 people and destroying about 400,000 homes.
» Jul. 1976 - At least 270,500 people die when an earthquake measuring 7.8 on the Richter scale flattens the northern city of Tangshan. REUTERS

STRINGER/REUTERS

Residents gather at a field in Chongqing municipality, neighbouring Sichuan province which was the hardest hit during the earthquake.

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# BlackBerry goes Bold

## Smartphone has features to appeal to retail market

RIM HANDOUT

The BlackBerry 9000

Research In Motion Ltd. is launching a new high-end version this summer of the BlackBerry aimed at its core base of business users, but it hopes the sleek new smartphone will also catch on with the broader retail market.

Shares of RIM jumped yesterday, climbing 6.6 per cent on the TSX and 6.7 per cent on Nasdaq.

The BlackBerry Bold, as the new smartphone is called, is the first BlackBerry to support high-speed HSDPA cellular networks and comes with integrated GPS, Wi-Fi and a host of multimedia features. REUTERS

## »news In Brief

» **AIR** WestJet said it would begin charging, as a fuel surcharge, an additional $20, $30 or $45 per one-way ticket for short-, medium- and long-haul flights beginning today, due to soaring jet fuel costs. TORSTAR NEWS SERVICE

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# sports

Flyers defenceman Braydon Coburn, left, is doubtful for tonight's Game 3 of Eastern Conference finals after being hit in the face with a puck during Philadelphia's 4-2 loss to Pittsburgh in Game 2 on Sunday. METRO NEWS SERVICES

## Undefeated Canada into quarters

CANADA 6 FINLAND 3

By **MATTHEW WUEST**
Metro Halifax

Team Canada's demolition drive to the quarter-finals at the world hockey championship is complete.

Everything the defending champions touched turned into a goal yesterday as Canada doubled Finland 6-3 in Halifax.

The defending champs — a perfect 6-0 this year, and riding a 15-game winning streak at the worlds — face Norway in tomorrow's quarter-final.

Shane Doan and Patrick Sharp scored key shorthanded goals to take a 4-1 lead after two periods, and Finland — coming off an emotional win over the U.S. — didn't have enough left for a comeback.

# Wings take control

## Datsyuk notches hat trick as Detroit takes 3-0 lead

RED WINGS 5 STARS 2

Pavel Datsyuk recorded his first career playoff hat trick as the Detroit Red Wings took a commanding three-games-to-none series lead with a 5-2 win over the Stars in Game 3 of the Western Conference finals last night in Dallas.

Henrik Zetterberg added a goal and two assists for the Red Wings, who are one win away from reaching the Stanley Cup Finals for the first time since winning the title in 2002.

Chris Osgood made 16 saves in the victory to remain perfect in the postseason.

The 35-year-old netminder has won nine consecutive playoff games — all this season — tying his own franchise record set from the tail end of the 1998 and start of the 1999 playoffs.

Nicklas Grossman and Brad Richards hit the net for the Stars, who look to stave off elimination in Game 4 in Dallas tomorrow.

Marty Turco turned aside only 16-of-21 shots in defeat.

Zetterberg's short-handed goal 1:38 into the third was a crippling blow to Dallas, which failed to convert on a pair of early power plays in the period. METRO NEWS SERVICES

JESSICA RINALDI/REUTERS

Detroit Red Wings forward Henrik Zetterberg, left, celebrates his goal with teammates Chris Chelios and Pavel Datsyuk as Stars goalie Marty Turco skates past last night during the third period in Game 3 of their Western Conference Final series in Dallas.

## »sports In Brief

» **NBA** LeBron James scored 21 points and dished out 13 assists as the Cleveland Cavaliers pulled away down the stretch to beat the Boston Celtics 88-77 last night, evening their Eastern Conference semifinal series after four games.

» **NHL** The San Jose Sharks relieved Ron Wilson of his head coaching duties yesterday, a little over a week after the club bowed out in the second round of the playoffs. Wilson's Sharks went 49-23-10 in the regular season. METRO NEWS SERVICES

## SCOREBOARD

### NHL

**CONFERENCE FINALS**
**WESTERN CONFERENCE**
**DALLAS VS. DETROIT**
Game 3 — Last night
Detroit 5 Dallas 2
Game 4 — Tomorrow
Detroit at Dallas, 6
(Detroit leads series 3-0)
**EASTERN CONFERENCE**
**PHILADELPHIA VS. PITTSBURGH**
Game 3 — Tonight
Pittsburgh at Philadelphia, 5:30
Game 4 — Thursday
Pittsburgh at Philadelphia, 5:30
(Pittsburgh leads series 2-0)

### NBA

**CONFERENCE SEMIFINALS**
**WESTERN CONFERENCE**
**L.A. LAKERS VS. UTAH**
Game 5 — Tomorrow
Utah at L.A. Lakers, 8:30
Game 6 — Friday
L.A. Lakers at Utah, TBA
(Series tied 2-2)
**NEW ORLEANS VS. SAN ANTONIO**
Game 5 — Tonight
San Antonio at New Orleans, 7:30
Game 6 — Thursday
New Orleans at San Antonio, TBA
(Series tied 2-2)
**EASTERN CONFERENCE**
**BOSTON VS. CLEVELAND**
Game 4 — Last night
Cleveland 88 Boston 77
Game 5 — Tomorrow
Cleveland at Boston, 6
(Series tied 2-2)
**DETROIT VS. ORLANDO**
Game 5 — Today
Orlando at Detroit, 5
(Detroit leads series 3-1)

### MLB

**YESTERDAY'S RESULTS**
**AMERICAN LEAGUE**
Cleveland 3 Toronto 0 (Gm 1)
Toronto 3 Cleveland 0 (Gm 2)
Minnesota 7 Boston 3
Tampa Bay 7 N.Y. Yankees 1
Texas 13 Seattle 12
L.A. Angels 10 Chicago White Sox 7
**NATIONAL LEAGUE**
Pittsburgh 5 Atlanta 0 (Gm 1)
Atlanta 8 Pittsburgh 1 (Gm 2)
Washington 10 N.Y. Mets 4
Cincinnati 8 Florida 7
Chicago Cubs 12 San Diego 3
Milwaukee 8 St. Louis 3
Houston 7 San Francisco 3
**TODAY'S GAMES**
**AMERICAN LEAGUE**
Oakland at Cleveland, 5:05
Boston at Baltimore, 5:05
N.Y. Yankees at Tampa Bay, 5:10
Seattle at Texas, 6:05
Toronto at Minnesota, 6:10
Detroit at Kansas City, 6:10
Chicago Sox at L.A. Angels, 8:05
**NATIONAL LEAGUE**
Atlanta at Philadelphia, 5:05
Washington at N.Y. Mets, 5:10
Florida at Cincinnati, 5:10
San Diego at Chicago Cubs, 6:05
L.A. Dodgers at Milwaukee, 6:05
Pittsburgh at St. Louis, 6:15
Colorado at Arizona, 7:40
Houston at San Francisco, 8:15

### IIHF HOCKEY

**YESTERDAY'S RESULTS**
**AT HALIFAX**
**CANADA** 6 Finland 3
United States 9 Norway 1
Germany 5 Latvia 3
**AT QUEBEC CITY**
Russia 5 Switzerland 3
Denmark 3 Belarus 2
(End of qualifying round)
**TOMORROW'S GAMES**
**AT QUEBEC CITY**
Russia vs. Switzerland, 11
Sweden vs. Czech Republic, 5:15
**AT HALIFAX**
**CANADA** vs. Norway, 1:30
Finland vs. U.S., 5:15

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# Make love, not debt

## Get married but don't go broke

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Spring has arrived and love is in the air. And with spring, comes our favourite season of all — wedding season!

Experts estimate that today, the average wedding costs over $20,000 — that was until we were faced with planning some of our own weddings. Through the whole experience, we did find some simple ways to save, without compromising style.

**LESS IS MORE**

Have you ever heard the complaint from a bride that her wedding day flew by without nearly enough time to visit with important friends and family? The number of people attending your reception has a major impact on your stress level and your overall wedding costs.

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**PICTURE THIS**

Wedding photography can range from $2,000 to over $4,000. And while sourcing out an artistic friend for photos is always an inexpensive alternative, there is a way to cut costs with the professionals.

Consider hiring a freelance photographer whose work you admire. This will allow you to skip the pricey wedding packages and save at least $1,000.

Just remember to negotiate for the rights to all the negatives as some photographers make their money by charging for individual prints.

**BORROW THE BASICS**

When it comes to weddings, friends and relatives are usually honoured to be a part of your special day. So, make a list of all the details you'd like for the day of your wedding. Maybe it's a stylish car to drive or a backyard to host your reception. Don't pass up the generosity of those who love you most.

**HEY MR. DJ**

If you want a really safe bet to ensure that your wedding will be chicken-dance-free, try asking a friend to act as your DJ. Of course, you'll want to be involved in making the playlist with your favourite songs.

If you have questions for the Smart Cookies or want to share your confessions, please email *smartcookies@metronews.ca*.

The Smart Cookies show you their way to financial freedom. Tune in Wednesday night at 9 p.m. EST/PST on the W Network. Be sure to visit *smartcookies.com* to get new money tips and sign up for our newsletter.

# The refinance dilemma

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

**Q** Last week, one of the loan managers at my local bank offered to refinance the mortgage on my home. My first mortgage is approximately $200,000 at eight per cent interest rate with two years left. They offered a seven per cent for two years. I would have to pay a $4,400 penalty to break my existing mortgage. Should I take the new mortgage? **-DIMITRI, YORK**

**A** The mortgage debacle in the United States is being felt around the world and Canada is no exception. With falling interest rates, many homeowners maybe faced with refinancing dilemmas. There are many factors to consider, the following approach may help with your decision. Consider these two factors: The interest rate differential and the opportunity cost of penalty.

1. Compare the difference in interest rate: 1% (8%-7%) decrease on $200,000 is a saving of approximately $2,000 per year.

2. Opportunity cost of penalty are what earnings are given up by paying penalty. $4,400 3% GIC less assumed 40% tax rate. You would give up approximately $80 per year

3. Savings if refinanced: Savings less cost of penalty ($2,000 minus $80) is $1,920 per year.

At face value, this does not appear to be a good deal for you. A real estate professional may provide some assistance.

Henry Choo Chong, CGA provides professional accounting and taxation solutions for individuals, businesses and corporations. E-mail all questions to Money Matters: choochonghcga@yahoo.ca.

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# mind&body

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# Workout mistakes

alive

From the editors of alive magazine; alive.metro@alive.com

Here are 10 common mistakes people routinely make in the gym.

**1. Talking while working out**
» Please stop the chatting! Your breathing should be somewhat laboured when using the cardio equipment and your muscles fatigued when lifting weights — leaving little energy for an in-depth conversation about the latest Oprah show.

**2. Training without purpose**
» It doesn't matter if you are 16 or 60, have a fitness goal in mind, and train for it with intention and determination.

**3. Avoiding training beyond your comfort level**
» Around 90 per cent of us do not train as hard as we should, and the remaining 10 per cent of us train too hard.

**4. Doing the same old thing**
» If you are still doing the same workout you did this time last year, it is time to mix it up. Physiologically, it takes the body about eight to 12 weeks to adapt to a new stress, which is why it is important to continuously change your routine.

**5. Training only certain muscles**
» If you want a functional body you must train the right muscles. It is quite common for people to train only what they can see (for example, the fronts of the arms and shoulders or the legs).

**6. Slouching**
» It is essential that you know how and are able to hold a neutral spine throughout any given exercise.

**7. Breathing improperly**
» A good breathing pattern starts with an inhalation through the nose (while keeping your shoulders from lifting up toward your ears), filling the chest and then the belly. Exhale through your mouth, releasing all the air from the belly.

**8. Not knowing when to stop**
» Unless you are intent on paying for your physiotherapist's next Hawaiian vacation, ask yourself if the pain you are feeling is from muscle fatigue, or whether it could be something more.

**9. Building up too quickly**
» Make sure your program is progressive and allows your body to slowly adapt. This is particularly important for the connective tissue. If a load is too great for the connective tissue around the joints to handle, you can cause injury.

**10. Making exercise too much work**
» Exercising should not be complicated. It is simply a matter of putting on your favourite runners and getting out there. Don't make it too complicated, too boring, or too much like work!

TORSTAR FILE PHOTO

A common workout mistake is to do the same thing over and over again. Try to mix up your routine every eight to 12 weeks for better results.

alive is Canada's award-winning natural health and wellness magazine. Every month alive focuses on traditional and holistic healing, beauty, environmental issues, nutrition, emotional well-being, and supplementation. Pick alive up for free at your natural health store. Visit alive.com for more.

## Wacky gym exercise examples

Here are some er ... creative exercises recently seen in a gym that you should avoid at all costs, from the editors of alive magazine — Canada's natural health and wellness magazine:
» Wearing a full sauna suit while walking briskly on the treadmill (this individual was attempting to melt off body fat, like a chicken on a rotisserie).
» Walking on the treadmill while also pumping away with 30-lb dumbbells in each hand (he was worried about floating upward above the treadmill during mid-workout, and that a little added weight might help keep him grounded).
» Training by using the same workout learned while in the army — 40 years ago.

While these examples are extreme, you wouldn't believe the mistakes that people routinely make in the gym — some are downright dangerous to themselves and others around them. If you need help with your workout regimen, consult the fitness coach at the gym and avoid committing an exercise faux pas.
» Visit alive.com for more health and wellness information. Get inspired. Get alive!

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# Problematic living situations

## Young couples need their independence

RELATING
LISI TESHER
relating@metronews.ca

How solid is your romantic relationship? Do you think it could stand up to most of life's challenges?

That's what we hope for, right? A union in which you and your partner stand together cohesively in the face of duress, and come through any difficulties as a tighter and stronger couple.

But sometimes life throws us a curve ball or two, and it puts our relationship — even the strongest ones — to the test. Sometimes, the situation can't be avoided, such as illness, accident, or death; and other times, we bring it on ourselves. It's these things that we have to watch out for, and remind ourselves to do what's best for us, our partner and our relationship.

A common example would be the young couple who decide to move in with one set of parents while they look for a house to buy, or while building, renovating or remodeling their existing home. On paper, it seems like a good idea. But in reality it can be a disaster and it can have negative lasting effects.

I know a woman who, with ample space in her home, took in her married daughter. Three years and two kids later, they're all still living together! And both sides complain about it. It's not hard to see that the woman should sit her daughter and son-in-law down, with her husband by her side, and explain that though they love them, it's time for them to get out.

What's taken her so long? She's afraid she'll upset her daughter, she's worried about where they'll go, she enjoys having her grandchilden around, etc. But the living situation isn't healthy for anyone. Boundaries are blurry, the father feels powerless in his own home, and the women argue.

Young couples are best to not have roommates — it changes the dynamic and doesn't give the couple the chance to get to know each other on a fair playing field, says our columnist.

In some cultures, it's common for extended families to all live together under one roof. However, young adults can't flourish unless they have some independence, and young couples need privacy, intimacy and the chance to figure out their roles within their own relationship.

On the flip side, young couples are best to not have roommates — even if it's a best friend or sibling. Having a third party around changes the dynamic and doesn't give the couple the chance to get to know each other on a fair playing field. Living with friends can be great fun, but inevitably, we need to learn about our partners on our own, without any outside influence.

This isn't to say that extended families can't live together ever, but before that decision is made, lines have to be drawn, discussions need to be had, and a mutual understanding needs to be in place.

Family relations are important, and we're lucky if we have a good support system in them. But when it comes down to the trials and tribulations of daily living, we have to know that we can count on our partners, through thick and thin.

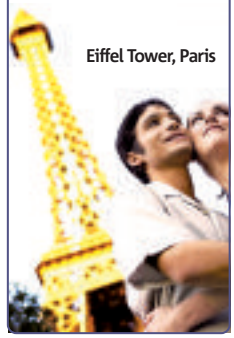
Lisi Tesher is a much travelled freelance writer who has studied art history, photography, languages and pop culture. She is also a constant and fascinated student of relationships, maintaining contact with a worldwide network.

## metro TOP 5IVE

**Best proposal spots in the world, according to Travel Weekly:**

1. Eiffel Tower, Paris, France
2. London Eye, London, England
3. Oia, Santorini, Greece
4. Alhambra, Granada, Spain
5. Canals of Venice, Venice, Italy

— Metro News Service



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# Marijuana may up heart attack, stroke risk, study

Heavy marijuana use can boost blood levels of a particular protein, perhaps raising a person's risk of a heart attack or stroke, U.S. government researchers said yesterday.

Dr. Jean Lud Cadet of the National Institute on Drug Abuse, part of the National Institutes of Health, said the findings point to another example of long-term harm from marijuana. But marijuana activists expressed doubt about the findings.

Cadet said a lot of previous research has focused on the effects of marijuana on the brain. His team looked elsewhere in the body, measuring blood protein levels in 18 long-term, heavy marijuana users and 24 other people who did not use the drug.

Levels of a protein called apolipoprotein C-III were found to be 30 per cent higher in the marijuana users compared to the others. This protein is involved in the body's metabolism of triglycerides and higher levels cause increased levels of triglycerides, Cadet added.

REUTERS

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Boston Legal co-star Saffron Burrows, right, will co-star opposite Christian Slater in the drama series My Own Worst Enemy for NBC this fall. REUTERS

**RIGHT:** Canucks captain Markus Naslund and his wife Lotta are among the VIPs at the big Holt night.

**RIGHT:** Among the glamorous guests at Holt's are Kevin Chase, actress April Amber Telek, Canada's Next Gay Top Model finalist Dustin Jones and Katie Gusola.

**ABOVE:** With a new deal for her Open Sundaes bath products, Mashiah Vaughn joins the celebrations at Holt's.

**LEFT:** Shopping Bags star Kristina Matisic, left, poses at the fashion gala with Holt's own glamour gal, Yasmin Eghdami.

# Holt gala a hot ticket

Holt Renfrew's annual Arts Umbrella Fashion Gala is always one of the most coveted tickets of the year. This time, the event was held in the company's new $30-million flagship store and featured fashions by Diane von Furstenberg and performances by Cirque du Soleil's Corteo. Stars like Steven Seagal, who is in town to shoot a digital feature called Ruslan, stopped by. All proceeds support Arts Umbrella, Canada's centre for arts education. Meanwhile, local actors and VIPs were featured at the first annual World Red Cross Celebrity Soiree at Yaletown's Blue Water Cafe. May 8 marked the day as all 186 national societies honoured the Red Cross movement and the humanitarian efforts in local markets. Fabulous food, and interviews with the featured guests, helped raise money local programs, disaster response, first aid and humanitarian issues.

SOCIAL EYES
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**RIGHT:** Among the glamorous guests at Holt's are Kevin Chase, actress April Amber Telek, Canada's Next Gay Top Model finalist Dustin Jones and Katie Gusola.

**ABOVE:** Known most recently for his work on CBC's jPod, Ben Ayres, with wife Erin at Blue Water, can next be seen in Psych.

**RIGHT:** Olympian Charmaine Crooks, left, cuddles up to Molson rep Aussie Jiwani and artist Julie Ferguson at Holt's.

**ABOVE:** Robson Arms star Alisen Down, left, joins fellow actresses Christine Chatelaine, of Dr. Doolittle 4, and Rebecca Robbins at Blue Water.
**RIGHT:** Red Cross event chair Linda Low, left, thanks CTV-9 newsman and event MC Mike Kileen and Juno actress Valerie Tian for their support.

**RIGHT:** Pretty in pink — the girls from the Blo hair salon in Yaletown help out with touch-ups outside the Blue Water event.

**ABOVE:** Holt gala and Arts Umbrella event co-chair Christie King deserves a big round of applause for all her hard work.

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23497_0513

# entertainment

Actor Jimmy Fallon, left, has been named the new host of NBC's Late Night, the network announced yesterday. He will likely debut in June 2009. USMAGAZINE.COM

## television

### Washington files Grey's complaint

Washington

**DISPUTE** Isaiah Washington has filed a complaint with the Screen Actors Guild over ABC's use of his picture in an episode of Grey's Anatomy.

The mug of Washington's Dr. Preston Burke was featured in a "newspaper article" about the character receiving a prestigious surgeon's award in an episode that first aired May 9. REUTERS

## »news In Brief

» **FASHION** Canwest Broadcasting has kicked off the hunt for Project Runway Canada contestants. Fashion designers can to go to *globaltv.com* to download the official application form. METRO NEWS SERVICES

# Breaking down Bob Dylan

**DVD REVIEWS**

RICK McGINNIS

rick.mcginnis@metronews.ca

**I'm Not There**

**Stars:** Cate Blanchett, Richard Gere, Heath Ledger

**Distributor:** Alliance DVD

14A

Heath Ledger, left, and Cate Blanchett both play Bob Dylan in I'm Not There, now on DVD.

**THANKS TO A PERSONA**

composed largely of lies, half-truths and misinformation, a standard biopic of Bob Dylan is nearly impossible to make. Director Todd Haynes rose to this challenge by realizing that the fiction of Dylan is more interesting than any mere reality, and used it to tell the story of one of music's most famous recluses, albeit one who has been hiding in plain sight for more than 40 years.

Casting six different actors to play Dylan was doubtless a stunt, but it elegantly reflects the phases and periods that subdivide the singer's long career into discrete sections. The weakest is probably the briefest; even after two viewings, I'm having a hard time seeing Ben Whishaw's Dylan-as-Arthur-Rimbaud-testifying-in-front-of-HUAC as really essential to the movie.

Cate Blanchett's Dylan-mania Dylan is suitably skittish, and far more vulnerable, than the real thing, while Richard Gere's Basement Tapes Americana Dylan hints at the stillness the man assumed as a more mature artist, reacting to the most painstakingly surreal vision of Dylan's mental landscape with an eloquence that helps ground the whole sequence.

The best, sadly, is Heath Ledger's Blood On The Tracks Dylan, the star reaping the emotional turmoil that his cruelty and selfishness brings him like an overdue bill. It's the most naturalistic section and Ledger and co-star Charlotte Gainsbourg fill it with a dull, bitter emotional ache.

**more online**

» For reviews of All You Need Is Love, The Great Debaters, Numb, Indiana Jones and the Raiders Of The Lost Ark, Indiana Jones and the Temple Of Doom, Indiana Jones and the Last Crusade, Saturday Night Live: The Complete Third Season and Seven Wonders Of The Industrial World, visit *metronews.ca*.

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Steven Spielberg, right, is planning a movie about former U.S. president Abraham Lincoln and the American Civil War. He told the magazine FOCUS that filming could start in early 2009. ANANOVA.COM

## in court

### Divorce decreed for McCartney

**PEOPLE** The marriage of former Beatle Paul McCartney and his estranged wife, Heather Mills, came to a formal end during a hearing yesterday at London's High Court. Justice Hugh Bennett said the petition for divorce by Mills was granted on the grounds the couple had lived apart for two years.

## casting

### The Hills star lands film role

**MOVIES** Audrina Patridge, one of the subjects of the hit reality series The Hills, has landed her first film role. Patridge has joined the cast of Into The Blue 2, a sequel to the 2005 Jessica Alba-starring action-adventure film. Patridge is the first reality celebrity from The Hills to get an acting role in a film. REUTERS

## »going out

**7 p.m.** Canadian Content: live local band performs. At Roxy Nightclub, 932 Granville St. Tix: $10. Info: *roxyvan.com*

**8 p.m.** Tapes 'N Tapes, with guest White Denim perform live. At Richard's on Richards, 1036 Richards St. Tix: $15.75. Info: *richardsonrichards.com*

**9 p.m.** Next on Deck: No-Muzic step crew, with DJ Smooth from The Goodfellas. At The Plaza Club, 881 Granville St. Tix: $10. Info: *plazaclub.net*

**10 p.m.** Soulstream: playing house, funk and soul. At Republic, 958 Granville St. Info: *dhmbars.ca*

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# Strike didn't bother this columnist

IDIOT BOX
RICK McGINNIS
rick.mcginnis@metronews.ca

**500 CHANNELS AND NOTHING TO WATCH:** One of the great things about writing a TV column without having to watch the stuff that comes down the broadcast pipeline is you can appreciate the suffering of other — some might say "real" — TV critics who feel obliged to spend valuable hours watching prime time and quality cable that might otherwise be spent reading help wanted ads, perfecting your bread pudding recipe, or working on your aim.

With the end in sight, Adam Buckman of the New York Post was moved to write yesterday that "with a 15-week strike halting production, the 2007-08 season will be remembered as one of the most confusing messes in the history of TV," just after definitively pronouncing it "the Worst. Season. Ever."

The last year's television was so bad, Buckman insists, it literally drove viewers crazy, inspiring them to send in peanuts, light bulbs and birdseed to network executives to keep shows like Jericho, Friday Night Lights and John From Cincinnati on the air. "CBS actually acquiesced to the peanut campaign and brought back Jericho," Buckman noted, "only to watch it sink like a stone." Which goes to show, truly, no good deed goes unpunished.

Buckman claims there was a point when people actually believed the writers' strike would turn out to be an "incubator for innovation," though as far as I can tell this was more like knowing people who believe in Bigfoot — you're sure such people must be out there, though it's unlikely that you're ever going to meet one.

"After the strike ended, the networks became desperate for something to promote," Buckman writes. "And what emerged as the most-promoted stunt this season? Britney Spears guest-starring as a receptionist on How I Met Your Mother."

This particularly irritates Buckman, who insists "CBS's publicity in support of the Spears appearance was so overheated you would have thought Lucille Ball had been coaxed back from the dead."

Reading this, I couldn't help but feel sorry for Buckman for having what sounds like an intimate relationship with CBS' publicity department, inasmuch as they've made Spears' primetime cameo seem like a major event, and not the mere blog item or YouTube clip it seemed like to me up here in the frozen wastes of CBS-publicity-doesn't-know-me-from-Adam-land. If this is a side effect of access, I consider myself grateful for outsider status.

This is, as I've mentioned before, my 500th Idiot Box column, and my 1000th as a TV columnist for Metro, a job I took on with the sort of enthusiasm reserved for the guy in the war movie who gets sent ahead to scout around a few minutes after we see him write a sweet letter to his girl back home. No surprise then, that the most fun I've had in the last few months was during the writers' strike, when there was no obligation whatsoever to try and watch what, after all, wasn't actually on TV, since this was entirely beside the point.

Rick McGinnis writes about music, movies, books and television, but not opera. He walked 47 miles of barbed wire and has a cobra snake for a necktie.

primetime 5/13/08

| | Vu | SC | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime | 251 | 308 | 3 | CBC | News (CC) | Rick Mercer | To Be Announced | | To Be Announced | | CBC News: The National (N) | | (:05) The Hour |
| | 255 | 358 | 6 | CH | E! News | The Insider | THS Investigates (CC) | | | | Women's Murder Club (CC) | | News (N) |
| | 254 | - | 8 | M | Law & Order: SVU | | Mandarin News | | Cantonese News (N) | | Punjabi News (In Punjabi N) | | South Park |
| | 250 | 321 | 9 | CTV | eTalk (CC) | Hollywood | American Idol (CC) | | Dancing With the Stars (CC) | | Law & Order: SVU | | News (N) |
| | - | - | 10 | OMNI | According-Jim | The Simpsons | Coach (CC) | Coach (CC) | The Standard | Women-Focus | Cold Case (CC) | | New Day |
| | 252 | 336 | 11 | GTV | Entertainment | ET Canada | NCIS "About Face" (N) (CC) | | Shark "One Hit Wonder" (N) | | Boston Legal (N) (CC) | | News (N) |
| | 256 | 389 | 12 | VI | Degrassi | Friends (CC) | According-Jim | According-Jim | Behind Enemy Lines ★★ (2001, Action) Owen Wilson. (CC) | | | | News (N) |
| | 253 | 359 | 13 | CITY | Wheel-Fortune | Jeopardy! (N) | Beauty and the Geek (CC) | | (:02) Hell's Kitchen (N) (CC) | | Entourage | Girl Next Door | Reviews |
| | - | - | 14 | CW | '70s Show | '70s Show | Beauty and the Geek (CC) | | Reaper "The Leak" (N) (CC) | | Seinfeld | Seinfeld | Frasier (CC) |
| | 289 | 381 | 15 | CBS | Entertainment | The Insider | NCIS "About Face" (N) (CC) | | Shark "One Hit Wonder" (N) | | Criminal Minds "Limelight" | | News (N) |
| | 287 | 379 | 16 | NBC | Evening Mag. | Inside Edition | Outrageous | Outrageous | Law & Order: SVU | | Law & Order: SVU | | News (N) |
| | 602 | 568 | 19 | W | Will & Grace | Friends (CC) | Maxed Out | Style by Jury | Kim | Style by Jury | Good Naked | Good Naked | Maxed Out |
| | 288 | 380 | 21 | ABC | Wheel-Fortune | Jeopardy! (N) | According-Jim | According-Jim | Dancing With the Stars (CC) | | (:02) Women's Murder Club | | News (N) |
| | - | - | 22 | KVOS | M*A*S*H | Scrubs (CC) | Mona Lisa Smile ★★ (2003) Julia Roberts, Kirsten Dunst. | | | | Will & Grace | Scrubs (CC) | Seinfeld |
| | 291 | 383 | 27 | PBS | Steves Europe | About-Money | Nova "A Walk to Beautiful" | | Frontline "Storm Over Everest" (N) (CC) (DVS) | | | | About Us |
| | 290 | 382 | 28 | FOX | Two/Half Men | Two/Half Men | American Idol (CC) | | (:02) Hell's Kitchen (N) (CC) | | News (N) (CC) | | Family Guy |
| | - | 364 | 29 | PBS | Frontline "Storm Over Everest" (N) (CC) (DVS) | | | | Tavis Smiley | Charlie Rose (N) (CC) | | Nova "A Walk to Beautiful" | |
| | 296 | 654 | 34 | SBK | Frasier (CC) | Frasier (CC) | Cheers (CC) | South Park | Comics Un. | Half & Half | Entertainment | The Insider | Paid Program |
| | 298 | 653 | 35 | TLA | Two/Half Men | Two/Half Men | Beauty and the Geek (CC) | | Reaper "The Leak" (N) (CC) | | KTLA Prime News (CC) | | Friends (CC) |
| | 295 | 651 | 36 | WGN | WGN News at Nine (N) (CC) | | Family Guy | Two/Half Men | Sex and-City | Friends (CC) | Will & Grace | Will & Grace | My Wife-Kids |
| | 297 | 652 | 37 | WPX | CW11 News at Ten | | Family Guy | Two/Half Men | Sex and-City | Will & Grace | Frasier (CC) | George Lopez | Odd Couple |
| | 199 | 311 | 46 | STR | News (N) | News | | Late Show-Letterman | | Inside Edition | The Biggest Loser: Couples (CC) | | |
| news | 502 | 390 | 48 | NW | CBC News: The National (N) | | CBC News: The National (N) | | CBC News: The National | | Ted's Story: Melissa | | National |
| | 500 | 500 | 49 | CNN | Anderson Cooper 360 (CC) | | | | Larry King Live | | Anderson Cooper 360 (CC) | | Cooper 360 |
| sports | 407 | 419 | 42 | RSP | MLB Baseball | | Sportsnet Connected (Live) | | European Poker Tour | | Sportsnet Connected (Live) | | Sportsnet |
| | 400 | 400 | 50 | TSN | SportsCentre (Live) (CC) | | | In This Corner | Score Golf | Motoring 2008 | EURO Classic Soccer (N) | | SportsCentre |
| | 411 | 457 | 53 | OLN | Adventures | Stranded: | Pilot Guides (CC) | | Don't Forget Your Passport | | Survivorman "South Pacific" | | Odyssey |
| | 410 | 403 | 54 | SCR | Score Tonight | | The Spin With Steve Kouleas. | | Score Update | | Score Update | | Score Update |
| | 417 | 406 | 55 | SC | Unique Whips | | Pinks | Pass Time | Countdown | All-Star Spot. | Wind Tunnel Special Edition | | Unique Whips |
| | 416 | 409 | 144 | GLF | (6:00) Fútbol de España | | Gol TV News | | Hallo Bundesliga | | Gol TV News | | Gol TV News |
| family | 552 | 543 | 25 | YTV | Malcolm-Mid. | Prank Patrol | Fries That? | Mon. Warriors | Futurama | Shadow | Falcon Beach (CC) (DVS) | | Mystery Hnt. |
| | 555 | 545 | 60 | TEL | George | Road Runner | Scooby-Doo | Futurama | Tripping-Rift | Tripping-Rift | Chicken | Chicken | Tripping-Rift |
| | 557 | 541 | 61 | FAM | That's-Raven | Smart Guy | Zack & Cody | Natural-Sadie | Han. Montana | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 553 | 546 | 68 | TRE | Comfy Couch | Rolie Polie | Beren. Bears | Babar (CC) | Backyard | Crazy Quilt | Wee 3 (CC) | Treetown | Comfy Couch |
| cable variety | 268 | 354 | 5 | KNO | Gardens | Recreat. Eden | Sahara With Michael Palin | | Paris Stories: Mavis Gallant | | Continuous Journey (CC) | | Leading Edge |
| | 575 | 583 | 20 | CMT | Home Imp. | Roseanne | CMT30 | Totally | Reba (CC) | Hope & Faith | Home Imp. | Roseanne | Ed (CC) |
| | 570 | 580 | 23 | MM | Video on Trial | Video on Trial | Punk'd (CC) | Born to Be | The O.C. "The Debut" (CC) | | Rock the Cradle (CC) | | Totally Untrue |
| | 600 | 564 | 26 | H&G | Green Force | Outside | Colin & Justin's Home | | Designer | Design Inc. | Colin & Justin's Home Heist | | Green Force |
| | 615 | 520 | 31 | A&E | Simmons | Simmons | Simmons | Simmons | The First 48 (CC) | | The First 48 "Double Time" | | Simmons |
| | 628 | 584 | 32 | SPKE | DEA "Marijuana Grow House" | | CSI: NY "Tri-Borough" (CC) | | CSI: Crime Scene Invstgtn. | | Star Trek: Voyager (CC) | | Deep Space 9 |
| | 521 | 560 | 40 | TLC | Dateline: Real Life Mysteries | | Dateline: Real Life Mysteries | | Dateline: Real Life Mysteries | | Dateline: Real Life Mysteries | | Detectives |
| | 616 | 522 | 69 | SHO | ReGenesis "Talk to Him" | | Blue Murder "Homeless" | | Trailer Park | Kenny-Spenny | CSI: NY (CC) | | House (CC) |
| | 620 | 523 | 70 | BVO | Yo-Yo Ma Live-Rehearsal Hall | | Law & Order "Nurture" (CC) | | Without a Trace "Kam Li" | | Yo-Yo Ma Live-Rehearsal Hall | | Samba Squad |
| | 601 | 562 | 41 | SLC | Plastic-Perfect | Rocker Moms | Newlywed | Matchmaker | Superstar Hair Challenge | | Plastic-Perfect | Rocker Moms | Trading Sp |
| | 520 | 505 | 42 | DIS | Deadliest Catch (N) | | Daily Planet | | Smash Lab | | Deadliest Catch | | How It's Made |
| | 522 | 506 | 44 | HIS | JAG "Pulse Rate" (DVS) | | Digging for the Truth (CC) | | Bloodlines (Part 2 of 2) (CC) | | Crime Stories (CC) | | JAG (DVS) |
| | 627 | 528 | 45 | SPC | Hex "The Story Begins" | | Stargate SG-1 "Summit" | | Star Trek: Voyager (CC) | | Star Trek: Enterprise (CC) | | Alias (CC) |
| | 294 | 650 | 57 | TBS | The Office | The Office | Sex and-City | Sex and-City | Gothika ★★ (2003) (PA) Halle Berry, Robert Downey Jr. (CC) | | | | Danger. Minds |
| | 619 | 525 | 48 | TROP | News Show | News Show | ET Canada | What | Family Guy | Seinfeld | Seinfeld | Frasier (CC) | Family Guy |
| | 603 | 561 | 62 | FN | Kitchen Nightmares "Lela's" | | Restaurant Makeover (CC) | | Iron Chef America (CC) | | Chef School | At the Table | Nightmares |
| | 626 | 547 | 67 | COM | Air Farce | 22 Minutes | Laughs | Corner Gas | The Simpsons | South Park | MADtv (CC) | | Daily Show |
| | 320 | 621 | 80 | CEN | Hear and Now (N) (CC) | | I Am an Animal: Newkirk | | (:45) Hear and Now (CC) | | | | Hard as Nails |
| | 581 | 566 | 101 | MTV | Shot at Love-Tila Tequila | | MTV Live (CC) | | Shot at Love-Tila Tequila | | Shot at Love-Tila Tequila | | MTV Live |
| | 261 | 394 | 102 | V | Jozi-H "Beginnings" | | Mysterious Ways "Free Spirit" | | Quantum Leap (Part 1 of 2) | | 'Allo, 'Allo! | On the Buses | Recreat. Eden |
| | - | - | 105 | MUL | The Land | Daughters | Il Caffe | | In Germany | Euromaxx | Schauplatz | Euro. Journal | Patrol World |

## critics'corner

NCIS
Ducky (David McCallum) must be feeling like the Jessica Fletcher of the NCIS team. Like the "Murder, She Wrote" heroine who kept losing friends to murder, he's had one assistant incapacitated by a gunshot, and now his current right-hand man, Jimmy Palmer (Brian Dietzen), has become the target of a killer. Gibbs (Mark Harmon) and the team scramble to solve the case and save their friend. Cote de Pablo also stars in the new episode "About Face." 8 PM on GTV

Women's Murder Club
Nobody ever said their jobs would be dull. Last week, the women's investigation of a crime put Cindy (Aubrey Dollar) in jeopardy. In this new episode, it's Lindsay (Angie Harmon) who puts her own life on the line to capture a serial killer. And her romantic life could take a hit from this, too. Paula Newsome, Laura Harris and Joel Gretsch also star in "Never Tell." 10 PM on CH

# celebritybuzz

Stephen Lovekin /Getty Images

## Bono's impromptu birthday bash

It wasn't your ordinary dinner party for 12 on Friday night – though there was cake and champagne.

To celebrate his 48th birthday, U2 front man Bono held a small dinner party at Sass' Café in Monaco, People.com reports. On the guest list: actor Brad Pitt, Monaco's Prince Albert II and U2 guitarist The Edge.

"It was really quite a surprise," the café's maitre de told People magazine. "It wasn't organized in advance. We only got called on it that afternoon."

The dinner, arranged by Bono's wife Ali Hewson, began with red wine at 10 p.m., according to staff, even before The Edge arrived for the evening.

The meal was followed by a champagne toast and strawberry cake lit with candles; a staffer described the party as "tres speciale."

Bono's birthday was actually on Saturday.

Metro News Services

Malene Arpe

## To be young, buff and in love

Singer Justin Timberlake and actress Jessica Biel have topped a new list of Hollywood's Buffest Couples, femalefirst.co.uk reports.

The twosome beat model Gisele Bundchen and football player Tom Brady, and High School Musical's lovebirds Zac Efron and Vanessa Hudgens among others to land at No. 1 on the new In Touch magazine hotlist. Also making the Top 10 are actors Jerry O'Connell and Rebecca Romijn, singer Fergie and actor Josh Duhamel, and actress Eva Longoria Parker and basketball player Tony Parker.

Metro News Services

Bryan Bedder /Getty Images

## Marriage is 'antiquated'

Kristin Davis doesn't want to get married, femalefirst.co.uk reports.

The actress, who is single, is in no rush to find a husband because she believes marriage is an "antiquated" institution. "I feel like it's important to say that not everyone has to get married," she says. "It's like this crazy antiquated 1950s thing and that's not the way life is."

Davis admits she is nothing like her Sex And The City character Charlotte, who was always desperate to settle down and get married.

"My life is very, very different from Charlotte's," Davis said. "I'm much more independent."

Metro News Services

## Mischa was 'photoshopped': Rep

A representative for Mischa Barton has hit out at publications printing unflattering photos of the actress – insisting the images were manipulated in a bid to sell more magazine copies, imdb.com reports.

Images of Barton, many of which showed her with cellulite on her thighs, were splashed in various magazines and online last week.

Spokesperson Lisa Perkins is adamant someone tampered with the photos to suit their own financial gain.

"Those photos are doctored," Perkins told The New York Daily News. "I'm not saying she's perfect, nobody is. But they've given a 22-year-old woman the legs and bottom of an 80-year-old. There's a lot you can do with Photoshopping."

Metro News Services

Astrid Stawiarz /Getty Images

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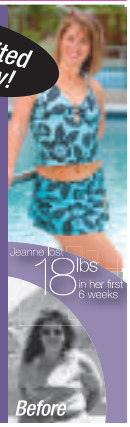
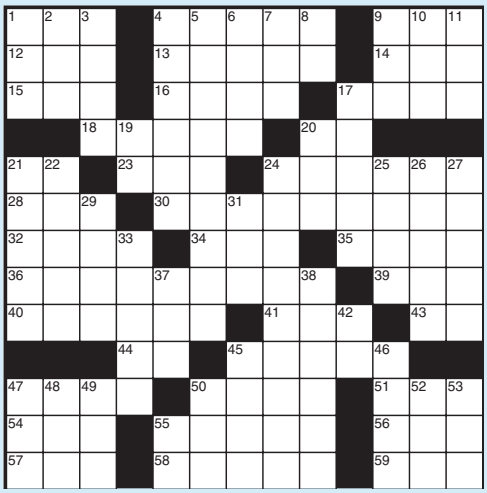

Jeanne lost 18lbs in her first 6 weeks
Before



## down »

1 — out (relax)
2 Irving or Grant
3 Without feeling
4 Girders (hyph.)
5 Discount
6 Seasons
7 Vacation acquisition
8 Space width
9 Crony
10 NOW cause
11 Second notes
17 Figure-skating leaps
19 Dorothy's aunt
20 "Who — — to say?"
21 Frat letter
22 Thong
24 Didn't vote
25 Liver output
26 Poet's blue
27 Palm readers, maybe
29 Roof edge
31 Fore opposite
33 Half the parents
37 Sahib's rule
38 Loafers
42 Basaltic lava
45 Pork cut
46 "Murder by Death" actor
47 Cherry seed
48 St.
49 Billy — Williams
50 Prior to yr. 1
52 Coffee server
53 Beluga delicacy
55 Prairie st.

## across »

1 Camper, maybe
4 Fuming
9 — annum
12 Trendy meat
13 Got going
14 "We — not amused"
15 Locker locale
16 Shangri-la
17 Sorrowful cry
18 Gentleman callers
20 Toolshed item
21 Sunflower st.
23 XXI times C
24 Protozoans
28 Had a snack
30 Make firm
32 Nanny's vehicle
34 Maybes
35 Slide sideways
36 Famed tenor
39 Be mistaken
40 Tarzan's moniker
41 Town in Oklahoma
43 Element no. 99
44 Foyt's initials
45 Soft purple
47 Water lily leaves
50 Doggie treat
51 Not just mine
54 — had it!
55 More chilly
56 — -Magnon man
57 Fairway gizmo
58 Provides temporarily
59 Countdown number

### previous answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | K | I | D | D | Y | | E | S | S | A | Y | |
| X | A | N | A | D | U | | L | E | A | D | E | D |
| E | Y | E | D | | K | M | A | R | T | | L | E |
| N | O | R | | | | E | T | E | | A | L | F |
| A | S | T | I | | D | O | E | | C | H | I | A |
| | | | S | H | A | W | | B | L | A | N | C |
| S | C | | S | I | P | | R | A | E | | G | E |
| P | A | Y | U | P | | P | U | R | R | | | |
| A | L | E | E | | F | I | N | | K | A | T | O |
| R | I | A | | T | O | E | | | | I | R | K |
| K | B | | B | U | R | R | O | | A | S | E | A |
| S | E | L | E | C | T | | V | A | L | L | E | Y |
| | R | A | N | K | S | | A | R | I | E | S | |

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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | 7 | 1 | | 2 | 5 | 9 | |
| | | | | | | | | |
| 2 | 8 | | | | | | 7 | 3 |
| | | 6 | 4 | | 1 | 7 | | |
| | 9 | | | 5 | | | 6 | |
| | | 5 | 8 | | 6 | 3 | | |
| 1 | 7 | | | | | | 4 | 2 |
| | | | | | | | | |
| | 2 | 4 | 9 | | 3 | 1 | 8 | |

## instructions »

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

## solve time »

| | |
|---|---|
| Under 13 minutes | Genius |
| 13-17 minutes | Scholar |
| 17-21 | Smart |
| 21-25 | Pretty good |
| More than 25 | Keep practising |

### previous answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | 9 | 3 | 5 | 1 | 7 | 2 | 6 |
| 1 | 5 | 2 | 4 | 7 | 6 | 8 | 9 | 3 |
| 7 | 3 | 6 | 9 | 2 | 8 | 5 | 1 | 4 |
| 8 | 7 | 1 | 2 | 3 | 4 | 9 | 6 | 5 |
| 3 | 2 | 5 | 8 | 6 | 9 | 4 | 7 | 1 |
| 9 | 6 | 4 | 5 | 1 | 7 | 3 | 8 | 2 |
| 2 | 4 | 7 | 6 | 9 | 3 | 1 | 5 | 8 |
| 5 | 1 | 8 | 7 | 4 | 2 | 6 | 3 | 9 |
| 6 | 9 | 3 | 1 | 8 | 5 | 2 | 4 | 7 |

# HOROSCOPE

**ARIES** | March 21-April 20
Exceptional financial changes take place. A mall is the setting for a magical experience. A worker is just asking for trouble.

**TAURUS** | April 21-May 21
Help out with a young guy. Be precise when giving an estimate. Woeful grumblers cause fruitless discussions.

**GEMINI** | May 22-June 21
It's impossible to do everything yourself. Don't let vanity provoke misunderstandings. Bypass a new buddy to spend time with loved ones.

**CANCER** | June 22-July 22
People help you to fill up your extra time. A boy makes a fair exchange. A female's aching heart needs attention.

**LEO** | July 23-Aug. 23
A coward does an unlikely good deed. A diva will leave the scene of a crime. A woman builds a bridge to better understanding.

**VIRGO** | Aug. 24-Sept. 22
Resist the comeback of a shady person. Dissatisfaction with career prospects flares up. A dependent friend wants you to play.

**LIBRA** | Sep. 23-Oct. 23
Nobody will be deceived by appearances. An enchantment will give false comfort. Don't leave a tense crisis unresolved.

**SCORPIO** | Oct. 24- Nov. 22
A struggle is about being kind to strangers. Emotional ranting should be avoided. A woman will do anything for love.

**SAGITTARIUS** | Nov. 23- Dec. 21
Someone is ready to run away from a blunder. Beware of a decision-maker with a complaint. Talking interferes with a deadline.

**CAPRICORN** | Dec. 22-Jan. 20
Develop respect for a smarter person. An offender wants to be justified. A youngster regrets an unlawful action.

**AQUARIUS** | Jan. 21-Feb. 18
A social gathering will improve your mood. An associate gives a chance for reconciliation. A peculiar person stands by you.

**PISCES** | Feb. 19-Mar. 20
Don't interfere with dawdling progress. Be serious with a smelly guy. See a film with someone who gives advice.

AVATAR VENUS

# This Day IN HISTORY

**April 13, 1796**: The first elephant ever seen in the U.S. arrives from India.
**April 13, 1943**: James Boarman, Fred Hunter, Harold Brest and Floyd G. Hamilton take part in an Alcatraz escape attempt.
**April 13, 1970**: An oxygen tank on Apollo 13 explodes, putting the crew in danger and damaging the spacecraft en route to the Moon.
**April 13, 1997**: Tiger Woods becomes the youngest golfer to win golf's Masters Tournament.

WIKIPEDIA.ORG

# Vancouver weather

The Weather Network
theweathernetwork.com

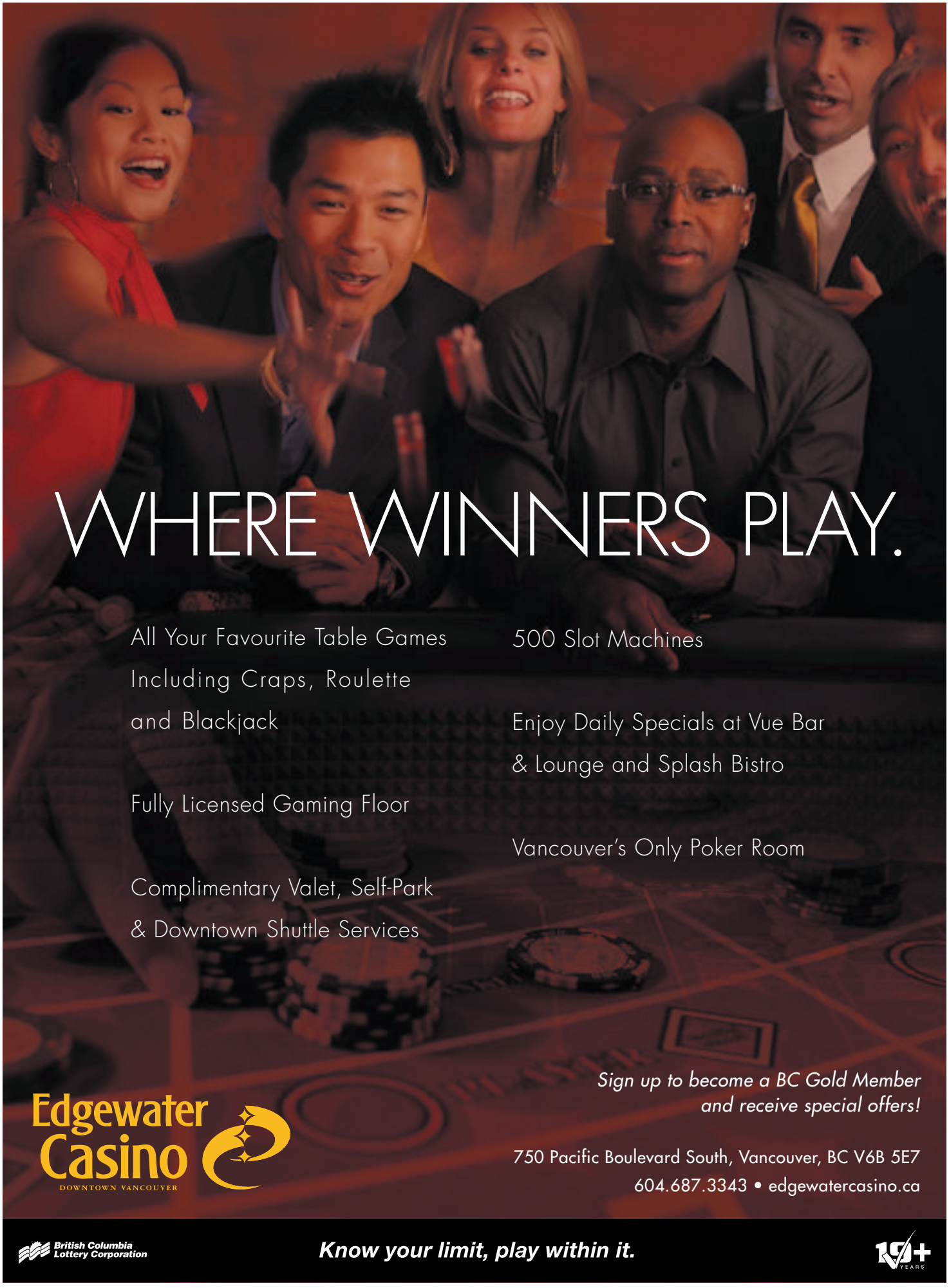
| Afternoon | Tonight | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 60% | 70% | 60% | | |
| Rain. 12° | Rain. Low 9° | Rain. 12°/ 8° | Sunny. 17°/ 10° | Mainly sunny. 20°/ 12° |

**Temperature**
**Normals**
High: 16.3°
Low: 8°

**Records**
High: 24.4°/1959
Low: 2.8°/1964

Sunrise: 5:31 a.m.
Sunset: 8:47 p.m.
Moonset: 2:57 a.m.
Moonrise: 2:23 p.m.

©The Weather Network 2008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& Lounge and Splash Bistro
Vancouver's Only Poker Room
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